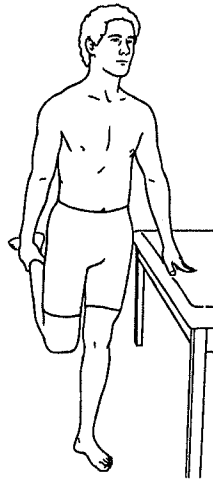


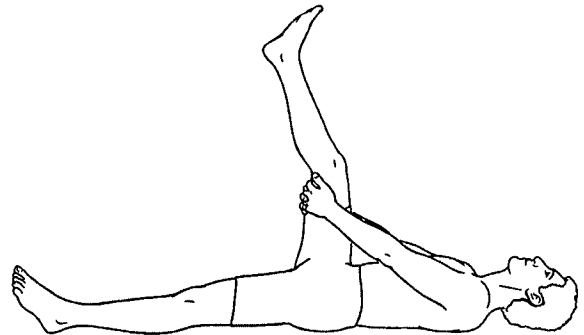
HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull heel toward buttock until stretch is felt in front of thigh.
Hold 1 minute.



Repeat 2 times per set.
Do 1 sets per session.
Do 2 sessions per day.

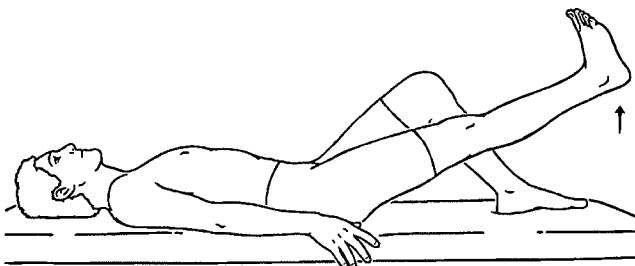
HIP / KNEE - 38 Stretching: Hamstring (Supine)



Supporting thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 30 seconds.

Repeat 4 times per set. Do 2 sets per session.
Do 2 sessions per day.

HIP / KNEE - 17 Strengthening: Straight Leg Raise (Phase 1)

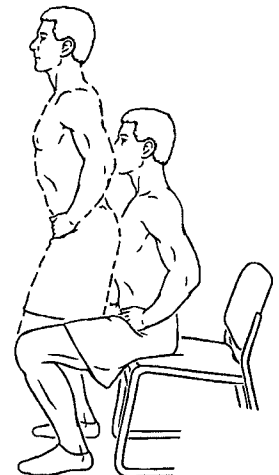


Tighten muscles on front of thigh, then lift leg 6 inches from surface, keeping knee locked.

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 77 Functional Quadriceps: Sit to Stand

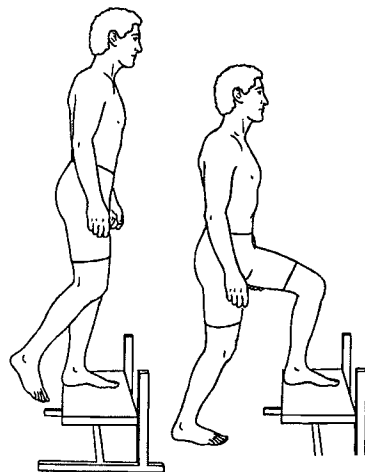
Sit on edge of chair, feet flat on floor. Stand upright, extending knees fully.



Repeat 10 times per set.
Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 52 Step-Down / Step-Up

Stand on stair step or 6 inch stool. Slowly bend leg, lowering other foot to floor. Return by straightening front leg.



Repeat 10 times per set.
Do 2 sets per session.
Do 1 sessions per day.